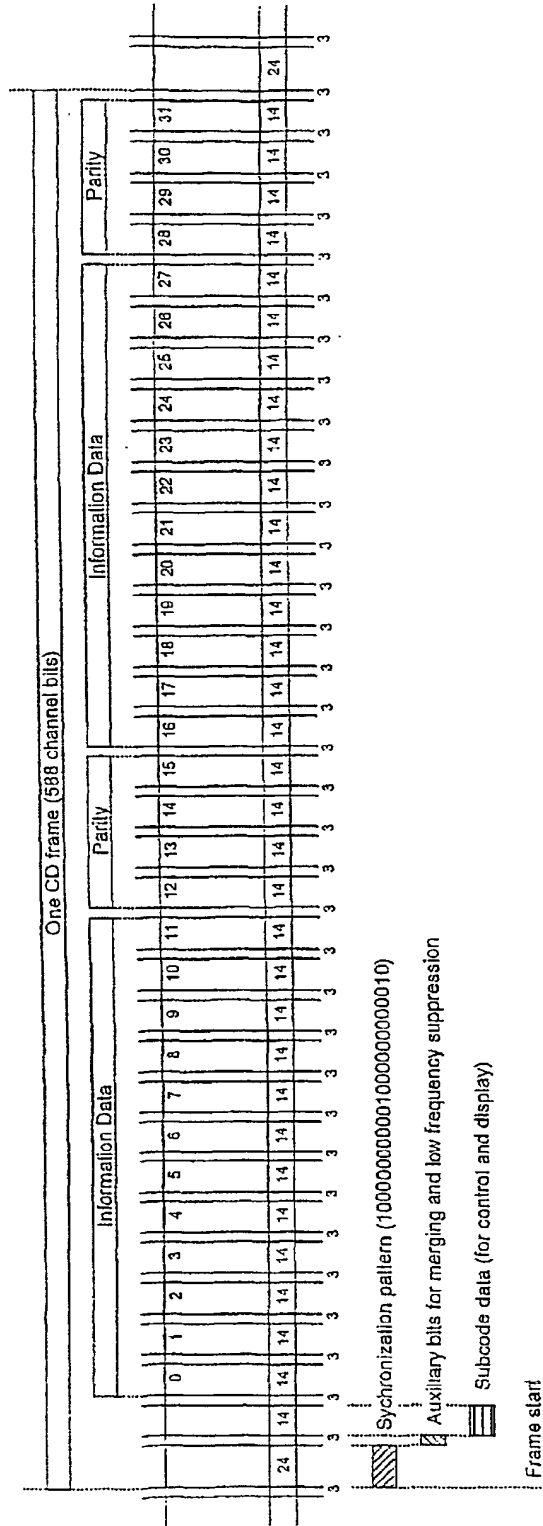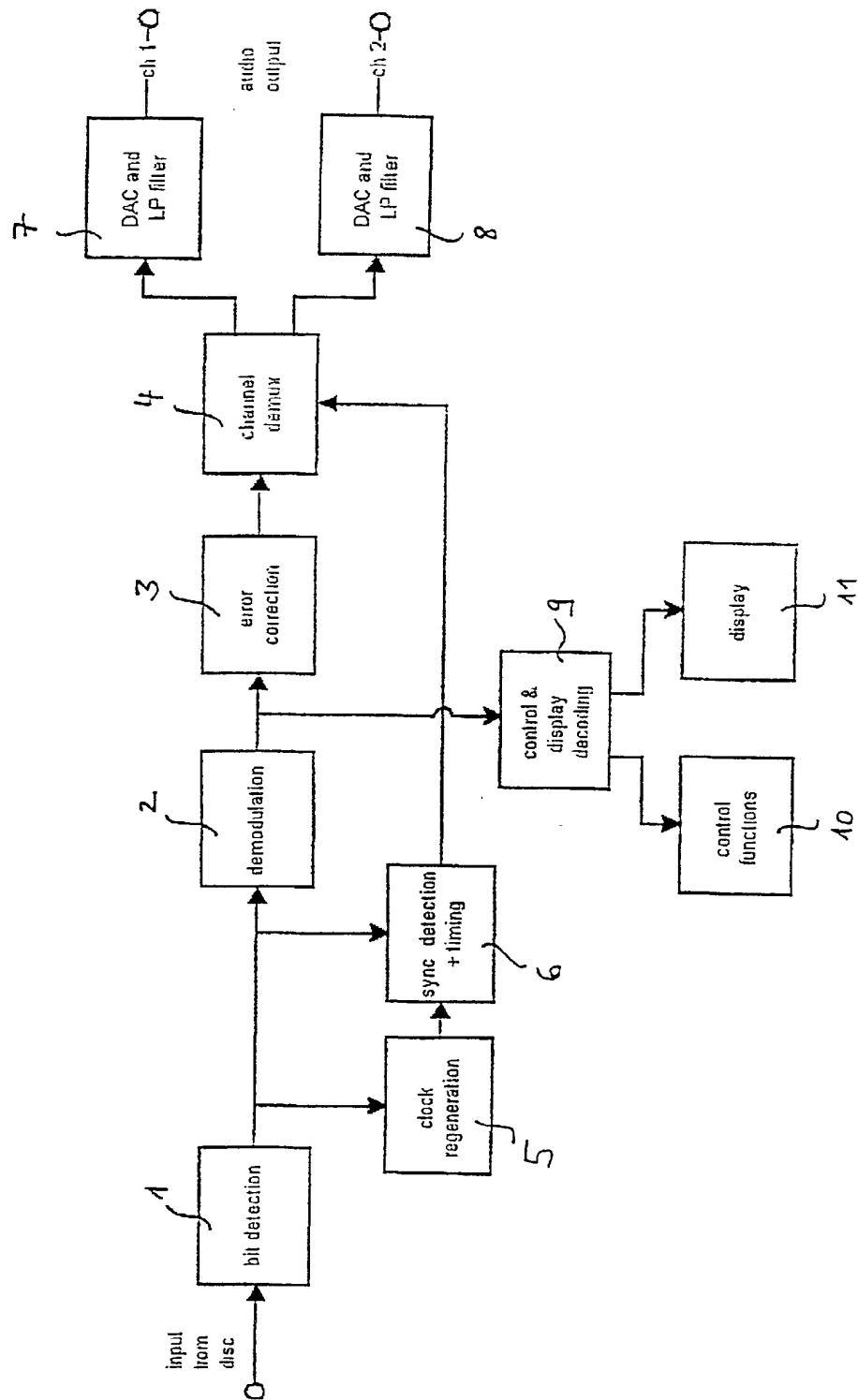Figure 1: CD frame format

Figure 2: Decoding process
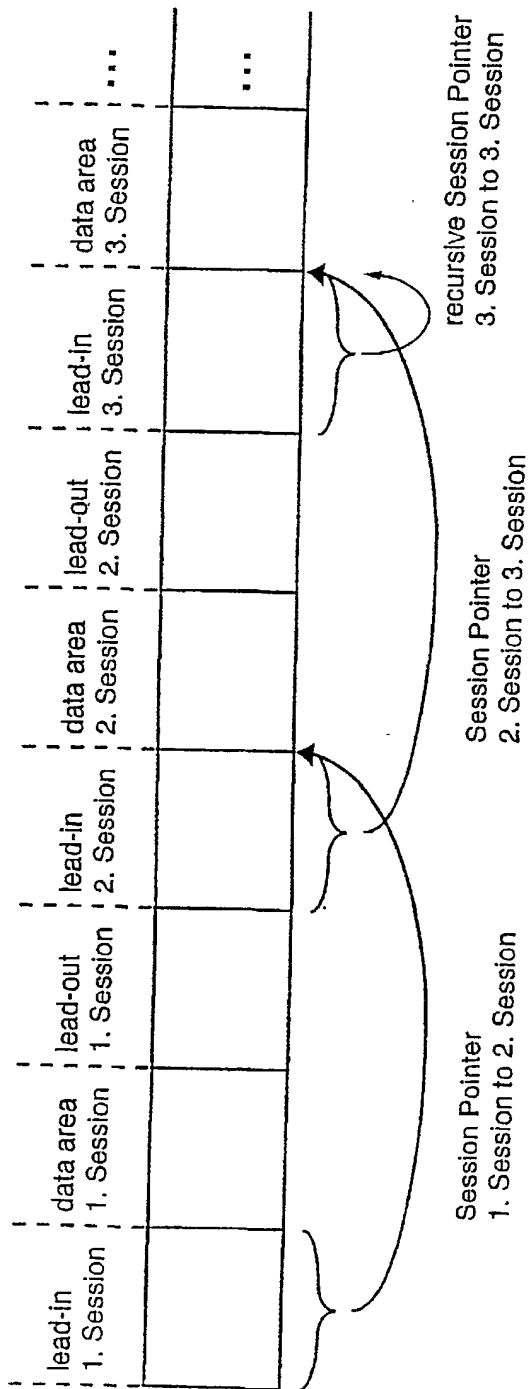
Fig. 3